**How to Daven at Home**

This year we face unprecedented obstacles to our usual prayers on Rosh HaShana and Yom Kippur. We are working hard to make sure everyone can hear the shofar. But there will not be minyanim this year.

Nevertheless, G-d hears our prayers even when we cannot say them in Shul. We recommend using a machzor with an English translation and praying from the English if you don't understand the Hebrew well. G-d speaks English too. If you do not own one, please be in touch with the office to borrow one.

This guide provides the essential outlines for davening, with page numbers, to help make these very different High Holy Days meaningful for you. Page numbers are denoted by ***Art*** for the Complete Artscroll machzor and by ***Ad*** for the Adler machzor. Of course, we encourage people to include more if you want, but this guide provides the halachic minimum.

**Rosh HaShana**

Rosh HaShana evening – *Kabbalat* Shabbat - On Shabbat there are two paragraphs from the regular Kabbalat Shabbat which speak of G-d's mastery over the Universe. The rest of Kabbalat Shabbat is omitted the night of Rosh HaShana. ***Art****: 46-48 (first paragraph).* ***Ad****: 9*.

*Shema and its blessings* - The Shema is a foundational text in Judaism. We say it each morning and evening, accompanied by blessings which expand its themes of connection to G-d by fulfilling the mitzvot, reward and punishment, learning Torah, and davening. In the evening it also features an additional blessing where we pray for protection from any dangers which the night makes us feel more keenly.***Art****: 50-60 (second paragraph, first paragraph on page 60 included on Shabbat).* ***Ad****: 11-14 (omit the second paragraph on page 14 on the second day).*

*Amidah* - Here we stand before G-d, the King of Kings, and ask him for what we need. It is structured around initial praise of G-d (as we approach the king, the first three blessings), requests (the middle blessing of the seven), and thanks as we take our leave (the last three blessings). There is an additional coda where we make special requests (personal requests can be added here). Watch out for additions made on Shabbat. ***Art****: 62-74.* ***Ad****: 15-19 (first paragraph).*

*Vayechulu* - On Shabbat we add a paragraph attesting to G-d having created the world.***Art****: 76 (first paragraph).* ***Ad****: 19 (second paragraph).*

*Aleinu* - We ordinarily end each service with the Aleinu prayer which describes our mission as a nation, to glorify G-d's name and bring it to the entire world. ***Art****: 84.* ***Ad****: 22 (except for the last paragraph).*

Rosh HaShana morning - *Morning Blessings -* We begin the morning with blessings to mark the various stages of waking in the morning and to thank G-d for all his blessings and for the Mitzva of learning Torah. On Rosh HaShana we also read at this point the song the Leviim sang during the daily sacrifice in the Temple. ***Art****: 178 (first day), 170 (second day), 182-188 (first paragraph).* ***Ad****: 27 (second paragraph)-29 (second last paragraph), 38 (last paragraph)-39 (first paragraph) (fist day), 35 (third paragraph) (second day).*

*Pesukei DeZimra* - The opening praises of G-d which begin the morning service. They put us in a positive frame of mind for our encounter with G-d. ***Art****:222-224 (Baruch SheAmar), 244-246 (Ashrei). 258-264 (Nishmat to the end of Yishtabach).* ***Ad****: 63 (fBaruch SheAmar), 72-73 (Ashrei), 78-80 (Nishmat to the end of Yishtabach).*

*Shema and its blessings* - ***Art****:266 (bottom paragraph), 278-284, 288-296 (until the end of Tzur Yisrael).* ***Ad****: 81 (third and second last paragraphs), 83 (second half)-84 (on Shabbat), 85, 87-90.*

*Amidah* - ***Art****: 296-304.* ***Ad****: 91-95 (first half).*

*Avinu Malkenu -* A short service when we call to G-d as father and king and beg for mercy in the coming year. Omit on Shabbat. ***Art****: 384-388 (excluding the last paragraph).* ***Ad****: 111 (second half)-113 (first half).*

*Ashrei* - Three times each day we recite this song of praise for G-d. It is especially prominent as it mentions that G-d provides every living being with what it needs. ***Art****: 440.* ***Ad****: 128-129 (first two lines).*

*Mussaf* - On each Yom Tov, Rosh Chodesh (first day of the month), and Shabbat, we include an additional Amidah prayer representing the additional sacrifices on those days in the Temple. On Rosh HaShana, this prayer is particularly important. When in Shule the shofar is sounded during the Chazan's repetition. As such, this Amidah is modified to reflect its connection to the Shofar. The standard middle blessing which ordinarily deals with the sacrificial offerings of the day includes themes of G-d's kingship as well. And we add two more blessings, one speaking of G-d's memories of our forefathers' and our good deeds and his desire to reward us for them; and of the Shofar's promise of redemption. These changes provide content to accompany the Shofar blowing which happens concurrently. As such, this year, when you pray at home, if you are able, you should blow Shofar after each of the middle three blessings. Be sure to include the additions for Shabbat on the first day. ***Art****:* *448-468*. **Ad**: 131 (second half)-142 (first half)

*End of davening -* We end davening with reading about the incense offered each day in the Temple and the songs the Leviim sang in the Temple, and Aleinu. ***Art****:586-592 (first paragraph)*. ***Ad****:168-170 (first half).*

Rosh HaShana afternoon - In the afternoon we have a short prayer service.

*Ashrei and introductory readings* - ***Art****: 598-602 (not the last paragraph).* ***Ad****: 172-174 (top paragraph).*

*Amidah -* ***Art****: 612 (starting from the second paragraph)-620.* ***Ad****: 91-95 (first half).*

*Avinu Malkenu -* Omit on Shabbat. ***Art****: 622-624.* ***Ad****: 111 (second half)-113 (first half).*

*Aleinu -* ***Art****: 626 (Last paragraph)-628 (first paragraph).* ***Ad****: 22 (except the last paragraph).*

**Yom Kippur**

At the end of every Amidah on Yom Kippur, we recite a lengthy confession of sins. Likely (we hope) there are many sins in the list that we have not committed. We recite them anyway on behalf of others. We should also take care to add our own, far more specific, confessions as much as possible. This is the primary prayer of Yom Kippur. If we are to improve over the coming year, an essential part of teshuva is to first recognise our faults and resolve to improve.

Yom Kippur evening - *Kol Nidrei* - Join us online for an inspiring Kol Nidrei service broadcast from the Shule at 5pm on Yom Kippur eve. It will include Yizkor and the Rabbi's Yom Kippur drasha. *Zoom Meeting ID: 837 6705 1829*

*Shema and its blessings -* ***Art****: 66 (starting from the second paragraph)-76 (omit the first paragraph).* ***Ad****:Part I 18 (third paragraph)-21 (first paragraph).*

*Amidah -* ***Art****: 78-98.* ***Ad****: I 22-30 (first paragraph).*

*Avinu Malkenu -* ***Art****: 144-148 (excluding the last paragraph).* ***Ad****: I 55 (bottom)-57.*

*Aleinu -* ***Art****: 152 (last paragraph)-154 (first paragraph).* ***Ad****: I 58 (second half)-59 (first half).*

Yom Kippur morning - *Morning Blessings -* ***Art****: 236 (last paragraph)- 238 (first paragraph), 246 (last paragraph)-252.* ***Ad****: Part II 3 (second paragraph-5 (second last paragraph), 31 (second half).*

*Pesukei DeZimra* - ***Art****:284-286 (Baruch SheAmar), 304-306 (Ashrei). 318-322 (Nishmat to the end of Yishtabach).* ***Ad****: II 16 (Baruch SheAmar), 25-26 (Ashrei), 31-33 (Nishmat to the end of Yishtabach).*

*Shema and its blessings* - ***Art****:326 (first paragraph), 330-336, 342-350 (until the end of Tzur Yisrael).* ***Ad****: II 34 (last two paragraphs), 38 (second half)-39 (first half), 40 (bottom)-44 (except last two paragraphs).*

*Amidah* - ***Art****: 350-364.* ***Ad****: II 44 (bottom)-53 (first half).*

*Avinu Malkenu -* ***Art****: 436-438.* ***Ad****: II 104 (second half)-106 (top 6 lines)*

*Yizkor:* The traditional prayer in memory of our departed relatives, committing to charitable giving on their behalf is recited at this point. This year we will recite it before Yom Kippur comes in as a community over Zoom. Anyone who wishes to may recite it again here. In any case, we should remember that the efficacy of the prayer relies on following through with the charitable commitments. ***Art****: 470-476.* ***Ad****: II 118-120A.*

*Ashrei* - ***Art****: 478.* ***Ad****: II 121-122 (top two sentences).*

*Mussaf* - ***Art****:* *486-500.* ***Ad****: II 124 (bottom half)-134 (top half*

Yom Kippur afternoon - *Amidah (Mincha) -* ***Art****: 650 (second half)-664.* ***Ad****: II 206 (bottom)-215 (top).*

*Avinu Malkenu -* ***Art****: 700 (excluding the top paragraph)-704 (first half).* ***Ad****: II 104 (second half)-106 (top 6 lines)*

*Neilah* - On Yom Kippur, we add an extra service to represent the prayerful nature of the day.

*Ashrei and introductory readings* - ***Art****: 706-710.* ***Ad****: II 243-245 (first half).*

*Amidah* - ***Art****: 712 (second half)-724.* ***Ad****:* ***II*** *246-252*

*Avinu Malkenu -* ***Art****: 758 (bottom few lines)-762 (except for the bottom three lines).* ***Ad****: 269-270.*

After Yom Kippur - *Shema and its blessings:* ***Art****: 766 (third paragraph)-772 (first paragraph).* ***Ad****:II 272 (bottom half)-276*

*Amidah -* ***Art****: 774 (second half)-782.* ***Ad****: II 277 (second half)-281 (first half)*

*Shofar and Havdalah -* After Yom Kippur we blow the Shofar in memory of the blowing which announced the Yovel year and say Havdallah. This year we will do so on Zoom at 7:10pm after Yom Kippur. We do not eat until after Havdalah has been said. Zoom meeting ID: 862 1387 7732

*Aleinu -* ***Art****: 790 (bottom paragraph)-792 (second paragraph).* ***Ad****: 286 (second half)-287 (first paragraph).*